

# KEY AREAS OF PRACTICE IN PHYSICAL THERAPY

## CANCER

Early identification and treatment of breast-cancer related lymphedema by a physiotherapist can reduce healthcare costs and improve quality of life. (Stout et al., 2012 Phys Ther)\*

Supervised exercise programs delivered by physiotherapists can improve common side effects of chemotherapy treatment, including fatigue and reduced physical function. (Lahart et al., 2018 Cochrane)\*

## FALLS & THE ELDERLY

Strength and balance retraining exercise, delivered by physiotherapists, is a cost-effective approach and the intervention with strongest evidence of effectiveness in reducing falls among community dwelling older adults. (Davis et al., 2010 BJSM; Gillespie et al., 2012 Cochrane)\*

## WOMEN'S HEALTH ISSUES

Pelvic floor muscle training should be included in first-line conservative management programs for women with stress, urge or mixed urinary incontinence. (Dumoulin & Hay-Smith, 2008 Cochrane)\*

## VESTIBULAR CONDITIONS

There is moderate to strong evidence that vestibular rehabilitation is a safe, effective management for unilateral peripheral vestibular dysfunction and moderate evidence that it resolves symptoms and improves functioning in the medium term. (McDonnell & Hillier, 2015 Cochrane)\*

## CARDIOVASCULAR CONDITIONS

Cardiac rehabilitation exercise-based programs have been shown to reduce all-cause mortality and cardiac risk factors and physiotherapists are integral to effective multi-disciplinary cardiovascular rehabilitation. (Taylor et al., 2004 AJM)\*

## MUSCULOSKELETAL / ORTHOPAEDIC CONDITIONS

Among patients with nonobstructive meniscal tears, PT is equally effective to arthroscopic partial meniscectomy for improving patient-reported knee function over a 24-month follow-up. (van de Graaf et al., 2018 JAMA)\*

Physiotherapy interventions for lateral epicondylalgia had superior benefit to 'wait and see' in the first 6 weeks and to corticosteroid injections after 6 weeks. Moreover, the recurrence rate was greatest with steroid injection. (Bisset et al., 2006 BMJ)\*

A systematic review and network meta-analysis concluded that exercise and other exercise-based therapies are the most important treatment options for patients with shoulder impingement. (Dong et al., 2015 Medicine)\*

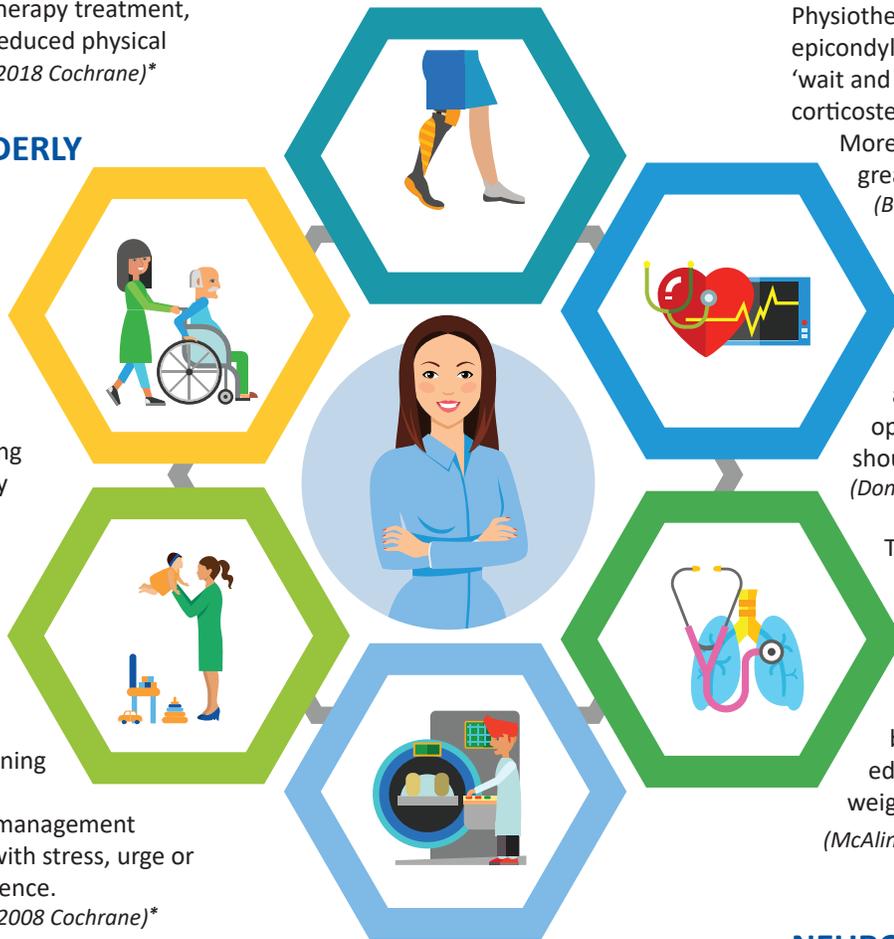
The international OARSI guidelines recommend that all individuals with knee osteoarthritis receive treatments including biomechanical interventions, exercise (land-based and water-based), self-management and education, strength training, and weight management (McAlindon et al., 2014 Osteoarthr Cartil)\*

## CHRONIC LUNG DISEASE

Pulmonary rehabilitation has demonstrated moderately large and clinically significant reductions in dyspnea and fatigue, improvement in emotional function and enhancement in patients' sense of control over their condition. (McCarthy et al., 2015 Cochrane)\*

## NEUROLOGICAL CONDITIONS

Neurorehabilitation delivered by physiotherapists can harness exercise-induced brain plasticity to improve functional outcomes, as well as promote physical activity to prevent lifestyle-related diseases. (Harris & Winstein, 2017 Pediatr Phys Ther)\*



\*Full bibliography available at [www.bcphysio.org/content/ptbiblio](http://www.bcphysio.org/content/ptbiblio)

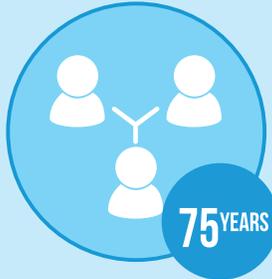
## DIRECT BENEFITS

- Eases demands on Emergency Rooms, doctors and healthcare teams.
- More rapid and durable return to work.
- Many hospitals are unable to meet the demands for physiotherapy or provide outpatient or home care follow up.
- Physiotherapy intervention has been shown to reduce healthcare costs.
- Improves rehabilitation & reduces down time after some surgeries such as hip and knee replacements.
- Settings may be eligible for coverage.

# PHYSIOTHERAPY ASSOCIATION OF BRITISH COLUMBIA



Our members, both public and private, are primary healthcare providers regulated by the College of Physical Therapists of BC to ensure high standards for the public. They provide service across the province and are recognized experts within the healthcare system.



- Founded in 1945
- Over 2,500 members
- Promoting the value of physiotherapy for nearly 75 years
- Providing physiotherapy within the primary healthcare setting in BC for decades



## MISSION

To lead the physiotherapy profession by fostering excellence in practice, continuing education and advocacy. Together, we inspire healthy lifestyles.



## VISION

Physiotherapy in B.C. is an essential partner for optimizing movement and health.

## PHYSIOTHERAPISTS ARE MEMBERS OF PRIMARY HEALTH CARE TEAMS



### Our Members:

- Are Masters-level entry university graduates
- Work in both public and private settings
- Are regulated by the College of Physical Therapists of BC with requirements for demonstrating ongoing competency
- Are committed to providing evidence-based interventions
- Undertake world-leading research to advance safe and effective care

## HOW TO REFER TO A PHYSIOTHERAPIST



- Physiotherapists are direct-access providers
- Search for a physiotherapist based on location, area of practice, or language by visiting [bcphysio.org](http://bcphysio.org) and select 'FIND A PHYSIO'
- Physiotherapy services in private practice settings may be eligible for coverage



Watch our videos: [youtube.com/user/BCPhysio/](https://youtube.com/user/BCPhysio/)